

**Bipolar**  
*Friend*  
**on**

Bipolar Brilliance  
Creativity & Spirituality

PATTY ANN

# **SAMPLE PREVIEW CHAPTERS**

## **Bipolar Friend on Bipolar Brilliance, Creativity & Spirituality**

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**Bipolar Friend on Bipolar Brilliance, Creativity & Spirituality**

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## Foreword

Bipolar brilliance is bestowed to those special souls who are endowed genetically with this birthright. Celebrate many vibrant aspects of creativity and spirituality from a bipolar friend's point of view. Uncommon yet upcoming topics are presented. Such as spiritual awakenings and soul source alignment. Creating conscious conditions that access the creative dimensions. And, techniques for tapping into alternative frequency zones to increase awareness.

Whether one is blessed with bipolar brilliance, or not; this guide is about its gifts. Its attributes. Its magical moments. And sacred spaces. Lets celebrate this wonder-filled genetic inheritance. And be awe inspired in what bipolar bestows upon its hosts. And, mostly, to the world!

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# BIPOLAR BRILLIANCE

Vincent Van Gogh

Patty Duke

Carrie Fisher

Abraham Lincoln

Virginia Woolf

Robin Williams

Vivien Leigh

Jean-Claude Van Damme

Kurt Cobain

Brian Wilson

Winston Churchill

All the high profile people above have earned their fame through acting, music, art, politics or another creative pursuit. All are linked to bipolar. Some of these folks came publicly forward to spear head and campaign for awareness. Some are deceased. A few took their own lives.

Bipolar touches many. Latest statistics show approximately 5.7 million Americans are diagnosed with manic-depressive disorder. That equates to 2.6 percent of the adult population in the United States. Bipolar is NOT that uncommon.

The label of bipolar has long been linked to being crazy. However it is also a well known fact that this 'disease' holds the key to creativity. The upper, elevated mood swing of bipolar lends itself to being tapped in and turned on to the flow of the cosmic conscious. This portal is capable to reach a higher vibration. Where ideas flow—and often historically renown and memorable feats of the humanitarian arts are birthed.

People with bipolar often are infused with keen perception abilities that enable them to focus in an articulate, accurate manner. When folks tap into their creative flow amazing abundance pours through them. Classic music compositions. Famous screen plays. Rare coveted artworks. And other iconic relics of our time have been the result of those artists who rode the edge of creation to create a legend.

## The Bipolar Challenge

Our culture formerly labeled bipolar as insanity and called it manic depressive disorder. The bipolar label did not get attached until 1980. We have incarnated at a time when we were ready to invite and greet our purpose paved with choices and challenges. And in a time-space that is alive with awareness to topics still being explored and discovered.

For those with bipolar genetics the challenges are unique; the contrast even greater. Jaded social situations void of honesty reek havoc upon our psyche. Shades of gray blur boundaries. Societal dynamics appear to have no proper etiquette. The truth no longer sets us free, as freedom appears to be a fallacy. Everyone is righteous with their own truths. The more we attempt to correct conditions in our lives, the more contrast is created. There are no definitive answers. These are the upsets that cause triggers for mania or depression. But it can—and often has been the catalyst that spawns something pretty spectacular.

Environments are breeding grounds for new discoveries. And, many times it is through adversity great works emerge. Polar oppositions can be the exact catalyst



which initiates new artifacts. We are naturally creative beings. Here to explore and express ourselves through our senses. We don't feel whole unless we are purposeful and can attain mastery of our pursuits. And. In fact. To be at odds with the assembly that the flow of life offers, can enable one to indulge—submerge, and reemerge with incredible gifts.

Simply put, us bipolar people often feel cornered- or that they don't fit the molds that others and/or society deems correct. We are square pegs living in a round box. Our edges are reduced to conform. We become dulled down to cope. We shoot for mediocre and mundane because dare we question and challenge others in a quest to satisfy our curiosity. But, when we embrace—OWN our true nature our power to be brilliant is beyond belief. That we—all of us—would beckon to find our inner strengths and become daring, amazing truth seekers!

Yes, the bipolar challenge is to show up, be present, and be in intentional service. For we often help our others to seek their own education called destiny. Are you ready to take the challenge?



## **Bipolar Brilliance**

Uncommon Intelligence.

Extreme Entrepreneurs.

Sensitive Souls.

Tenacity to Persevere.

Incredible Accomplishments.

Contributions to Humanity Extraordinaire.

These are some of the attributes of bipolar brilliance. Many are people who have lived through adversity, punched through their unfortunate fates, and gave back

to humankind. However, one does not need to have gained mass popularity in order to have this same splendor. Each one of us plays an important, integral part in this intricately woven tapestry. No one is less—or greater than the other. We are all heroes that contribute to the whole cosmic package.

Brilliance aside, bipolar is often viewed as a curse. True, it brings mood swings, hardships, even suicide. Yet, bipolar also yields strength of character and charisma, and an uncommon capability known only to those who hold this genetic makeup. To all bipolar folks: Your choices are what makes and turns this disease called bipolar into a contributing member- rather than a mere survivor.

Kudos to BIPOLAR BRILLIANCE!

# CREATIVITY

## A New Breed

How many co-workers sitting in the cubicle next to you are brilliant? Look about. You may be sitting next to the next Einstein. Or conversing with the next Carl Sagan; look what he contributed to our knowledge of the cosmos! How many inventions have come through someone we once considered ordinary and then became extraordinary?

How many athletes have pushed beyond physical limits to set what seemed to be an impossible record? Countless! Every minute there is a genius, an emerging artist, a musician and more waiting to be another world contributor. And many will be categorized into the bipolar family.

The stroke of genius comes from the sparks inside humanity. These flickers grow flames that burn bright. For this creative passion brews a fire that ultimately needs to be explored, and shared. Some ideas triumph.

Some never get off the work bench. Others stay fixed in someone's mind's eye. Regardless of outcomes the potential lives.

Every person, whether you have bipolar—or not, has a special gift tucked away—somewhere deep inside. And etched in our personal soul centered vortex where life itself begins. And, also, outside the realm of physicality, yet part of the thread of consciousness. Creativity waits and beckons. Because as humans we come to express ourselves openly. We were called to this earth plane. To manifest a life that sings to our sense of fulfillment. And, our intended purpose for becoming. For evolving. For growing ourselves dimensionally in ways only this planet can provide.

For those who have inherited the bipolar brilliance, we have a unique ability. Pre-installed in our brain is an added gift. One that we chose to inherit long before our physical symptoms, in this time-space reality, came to fruition. This genetic predisposition has endowed us with an extra-sensory perception. ESP in the realm that differs with every individual. Beliefs, backgrounds, environments and many other factors sway this

influence in our lives. And, how we each choose to use or adapt to this perception is an individual choice.

However, there are common threads with those of bipolar genetics. One being, there is a propensity to access the creative zone easily. It's like we are wired with receptors—antennas that tune into frequencies filled with abundant ideas. Essentially, we are able tap the direct connection to our source energy. Some call this source GOD. The name given does not matter. However, this home spot, for this writing will be referred to as *SOURCE*.

While many people indulge using drug induced trances to access this zone, bipolar people have this innate ability. Ironically, bipolar people need drugs to help quell this cosmic access. Others USE drugs to induce this same access point! However, drugs are essential to mania because left unattended, manic episodes can soar into stratospheres that are not conducive to care-taking good health. While enlightenment can emerge inside depression, most often it comes from skirting, then entering the elevated side of mania.

There is a band, a zone, much like a radio frequency, where creativity is proliferous. When tapped our brain can stream the universal consciousness- of all that is— *non stop!* Make no mistake. This zone is available to EVERYONE. However, bipolar chemistry seems to attract—be more receptive to this layer of cognition.

All people, every one of us are *seekers*. For more knowledge and understanding of ourselves. To acquire more abundance for our comfort. To attain self actualization. We come here to this earth to evolve, grow and create a life of meaning. We emerge here as creators; master makers of our own existence. Once this aspect is truly acknowledged, we become conscious intentional creators.

Creating is not outside of anyone of us. And this chapter is not about how to manifest. There are plenty of books and resources that divulge that information. This section is about appreciating our physical attributes that endow certain strengths. It's about celebrating the bipolar brilliance. And ultimately, mostly to help others understand one perception of how IT works.

YOU are unequivocally equipped with unlimited resources within to create. If any of you don't think you fit this category, dig deeper. To find and uncover your soul self reservoirs that lie in waiting.



## **Expressing Creativity AS Choice**

Tradition has long held there are seers in every community. In wayward times it was a Shaman who guided his tribe through vision quests. In today's culture it is widely accepted that political leaders are the pathfinders who seek to improve societal concerns. Often leadership employs multiple expert consultants to advise and make recommendations.



Both methodologies work. However, as population grows leadership reacts to tragedy by setting up more restrictions. This can be perceived as limiting our basic freedoms. While rules are made for the guilty, they often do seem to punish the innocent. Because we all know that contributing, healthy society members operate within prescribed limits regardless.

Here are truths as we know them. Society has rules for humans to abide by for their safety and comfort. Yet, no one can rule the unruly who appoint their own set of living standards. Even and mostly if their habits don't jive with what is deemed as socially acceptable conduct. Even murderers and rapist and Hitlers CREATE their own reality, which affects the many beyond. Like ripples of a wave any and all actions impacts others. All thoughts, every deed becomes tied into the fabric of the cosmic consciousness.

As a creative human being how does one navigate living inside rules; outside of conduct unbecoming; while expressing and nurturing our true freedom of self? The odds seems to be stacked against us. With the media pounding away at all the bad business. With newspapers, television, social media gone berserk spreading ugly happenings at the speed of light, how

does a true free spirit genius emerge?

There are several avenues. Simple ones that are offered here for your consideration.

- First, turn off the television channels—along with social media. Do not buy into others drama.
- Do not attend or participate in media hype heaped with dysfunction. There is plenty of it and if you live by what happens in this form of reality, you will never create your own nirvana.
- At first, this may seem to be an unreasonable request: to ignore world happenings. And while you cannot run off to the Arctic to live in an igloo, you have a choice every single minute where you want to put your mind.
- You have a choice! And CHOICE is not only empowering, but a powerful action.
- Tune to another station. Put your mind elsewhere—to a happy spot.

# SPIRITUALITY

## **Bipolar Spirituality**

Next subject to explore is: Where does spirituality fit into the bipolar picture? Just as enlightenment enables its host to access creative zones, spiritual realms dwell inside the same dimensional frequency. A mind's altered state allows a person to be in touch- and experience universal harmony. Much like creativity, spirituality comes from being connected to ones own source energy. Each person can interpret their soul self spiritually or creatively—or as one in the same.

Anyone can experience spirituality. Not everyone is blessed with bipolar. Certain spiritual states are connected to bipolar because it provokes a unique receptivity and allowance. One that links mental imagery, or messages, received by the receiver from the divine. Again, how someone translates a message from beyond is determined by their mind filters. Bipolar gives a person many gifts, but no two bipolar people are alike.

The spirit realm is often thought of as separate from being bipolar. However, the experience of bipolar can enhance one's own spirituality. Families may not make the connection between their inherited bipolar and spirituality. Primarily, it may be largely to do with religious upbringing and beliefs. Perhaps some cannot fathom a relationship between an ungodly disease that invites in a church-like component. Maybe learned beliefs do not allow some human minds to explore these avenues. Yet, public sentiment now leans towards spiritual journeys that are often spurred by most any disease.

Granted there are some doctrines that still believe bipolar is God's way to amend bad people. Karmic retribution so to speak. If you come from a rigid family where new thoughts on spirituality are not welcomed the best route would be to engage in conversations with your outside relatives. You may learn some surprising things about your family inheritance on perspectives of God, faith, and paradigms concerning religious sentiments.

## Awakenings

Those who have had a full Kundalini awakening or explore Shamanism, experience what bipolar folks live. The bodily effects and functions of both are astoundingly similar.

People seek out yoga, meditation, spiritual masters and more to help *release and open* their seemingly dormant spiritual energy that dwells within. For bipolars achieving this energetic state comes natural. If one is skilled, this energy can be harnessed and mastered. Retaining the correct frequency of dynamic productivity is truly an art form. It is one that can be tuned and cultivated. Again, whether one regards source energy as creativity or spirituality, or one and the same, is up to each person's belief system.

At our basic level we are pure vibrational energy. By nature's design- as humans we can tap our inner resources. And what we do with our soul wanderings can become totally awe inspiring.

Awakening to a mystical experience can be frightening. If the onset is spontaneous, you may have little preparation for what to expect. Symptoms can parallel bipolar characteristics, or it might BE bipolar. Do educate yourself to the attributes that accompany having both Bipolar Disorder and/or a spiritual awakening. The sensations maybe confusing as both carry incredibly related patterns.

How do you know if you are bipolar versus having a spontaneous awakening? Get yourself educated. Read. Talk to others. Seek professional help if you are dealing with serious side effects. The answer lies within each person alone. Learn to listen closely to your body talk. There are subtle physiological and natural messages that will help guide you. Diligence is key to finding answers.

If there is bipolar in your family background know that your DNA, environmental stress, body and hormone changes can set mood swings in action. Often awakenings to bipolar are similar to spiritual transcendence. However, bipolar has many distinct physical symptoms such as:

- Severe mood swings with irrational thoughts
- Anger, rage and random emotional outbursts
- Early morning waking hours, unrested sleep
- Not attending to body cleanliness and health
- An extremely restless and unquiet mind-body-spirit
- Skewed perceptions with grandiose ideas
- Argumentative and challenging authority
- An arrogance and superiority complex
- Paranoid, delusion, racing thoughts
- Emotionally distraught and despair to elevated manic swings

Bipolar once activated takes medication to manage. Many refuse medications which feeds their bipolar symptoms. Often a condescending arrogance attaches to this disease. One that does not help heal the inflicted. In fact, this diffidence can outweigh and overshadow any healing helping options.

The folly of this disease is that the bipolar person becomes above reproach, believing they do not need medication. Largely because of their link to the divine they often believe they have the power to heal themselves. Overnight mania can become a complex mental discombobulation. And one of the most difficult to correct once a bipolar mind gets entrenched.

Now to share some commonalities that awakenings can present that can be confused with bipolar:

- Physical aches and pains due to the stress of awakening
- Mental confusion due to new ideations being presented.....continued.



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## ABOUT THE AUTHOR

Patty Ann is a life-long educator who has taught college, high school, and was an Instructional Designer who wrote training for corporate development. Now Patty authors a variety of genres. From fiction and non-fiction, to real life use-it-now lesson books.

Patty is an avid animal lover. Her book proceeds benefit animal welfare through her **Patty Ann's Pet Project** a 501(c)(3). View more thought provoking books and/or contact Patty through her website at **PattyAnn.net**. Thank you!

